Cognitive Rehabilitation for Attention and Memory in people with Multiple Sclerosis (CRAMMS)

What phase is this trial?
Phase 3

What is the trial design?
This is a multi-centre trial involving 400 people with MS who have problems with attention or memory. Participants will be randomised to receive cognitive rehabilitation plus usual care or usual care alone.

Which institution is responsible for the trial?
The study is being coordinated by the Nottingham Clinical Trials Unit, and the chief investigator is based at the University of Nottingham.

What's this trial about?
This trial aims to assess how effective a group cognitive rehabilitation programme could be for people with MS. The programme was developed to address the need for effective management strategies for people with MS who are experiencing cognitive problems.

How will this help people affected by MS?
What we learn from this study may help to improve cognitive rehabilitation for people with MS. We want to develop a programme to help people with MS cope with everyday memory problems.

What will participants be asked to do?
Before entering the trial, participants will be invited to a screening assessment, which will determine if someone is eligible to take part. If eligible, you will then have a pre-trial assessment before being randomly assigned to one of two groups.

One group will receive cognitive rehabilitation on top of their usual care, the other group will continue to receive usual care.

If you are assigned to the rehabilitation group, you will complete a series of 10 group memory rehabilitation sessions in small groups of around four to six people. These groups will be arranged at convenient times and locations, and travel will be reimbursed.

Participants will also be asked to take part in assessment sessions, where short psychometric tests and questionnaires will be carried out as home visits.

Who can take part?
We are looking for participants who:

- Have relapsing or progressive MS, diagnosed by a neurologist at least months prior

- Report cognitive problems (for example problems with memory, concentration, word finding etc.)
- Are 18-69 years old
- Are able to attend and engage in group sessions
- Are able to give informed consent

Trials sites include Liverpool, Sheffield, Bristol, Nottingham, Middlesbrough and their surrounding areas.

Who is conducting the research?
The chief investigator is Professor Nadina Lincoln, Professor of Clinical Psychology at the University of Nottingham. The study is being coordinated by the Nottingham Clinical Trials Unit (NCTU).

When can I take part in this trial?
We are recruiting until the 31 March 2017.

Where is this research taking place?
Trial sites include Liverpool, Sheffield, Bristol, Nottingham, Middlesbrough and their surrounding areas.

Who has reviewed this trial?
The trial has been reviewed by NRES Committee West Midlands – South Birmingham Research Ethics Committee and the approval reference number is: 14/WM/1083. It also has R&D approval - IRAS project ID: 159633.

Interested?
If you would like more information about taking part in this trial, please contact the CRAMMS team at cramms@nottingham.ac.uk or on 0115 8231615. Please note that enquiring about participation does not commit you in any way.